CONSCIOUS LIVING

A Personal Integration Workshop

If attending TMI has been a wonderful experience resulting in new insights and knowledge about yourself and yet you find you still have more questions than answers of how to fully integrate these insights into your life, then this workshop is for you. Self-knowledge is a stated objective of the programs offered by The Monroe Institute. Discovered in the pathway of the different focus levels are insights and experiences that challenges our sense of self through redefining the boundaries of our soul. While the adventure can be both difficult and enlightening, the result is the emergence of new horizons which can fundamentally alter our lives. However, the work of integration is more than simply a change of perspective.

Self-knowledge is a destination that can be thought of as a journey of self-realization. At different stations along the journey the vista appears to change, and with it, our way of making meaning. This is a natural function of perspective building over the course of a lifetime, but these shifts of perspective are often connected with changes at the most fundamental level of our existence. Deep-seated core beliefs operate below one's level of awareness and manifest in patterns of behavior that seem to come out of nowhere – a very "subjective" experience. As we progress toward self-realization we are more able to become a witness to our journey – a more objective experience. We feel our feelings, but also recognize our underlying nature. This perspective becomes instrumental to a life of choice and possibility and necessary for the integration of insights gained through our experiences at TMI.

This workshop will provide tools and frameworks for creating greater personal awareness and accountability for the life we have been given… and we do that by having conversations about what matters most to us. We will explore more explicitly our unique gifts in order to understand our purpose and the degree of alignment between that purpose and our current life. We will work experientially to define a set of actions which will more meaningfully integrate our life with our purpose. Like all TMI programs, this is a deeply personal process with time for communion with our inner guidance, reflection on what we are receiving or learning, and dialogue on what we are observing about how we "show up" in our interaction with ourselves and others.